

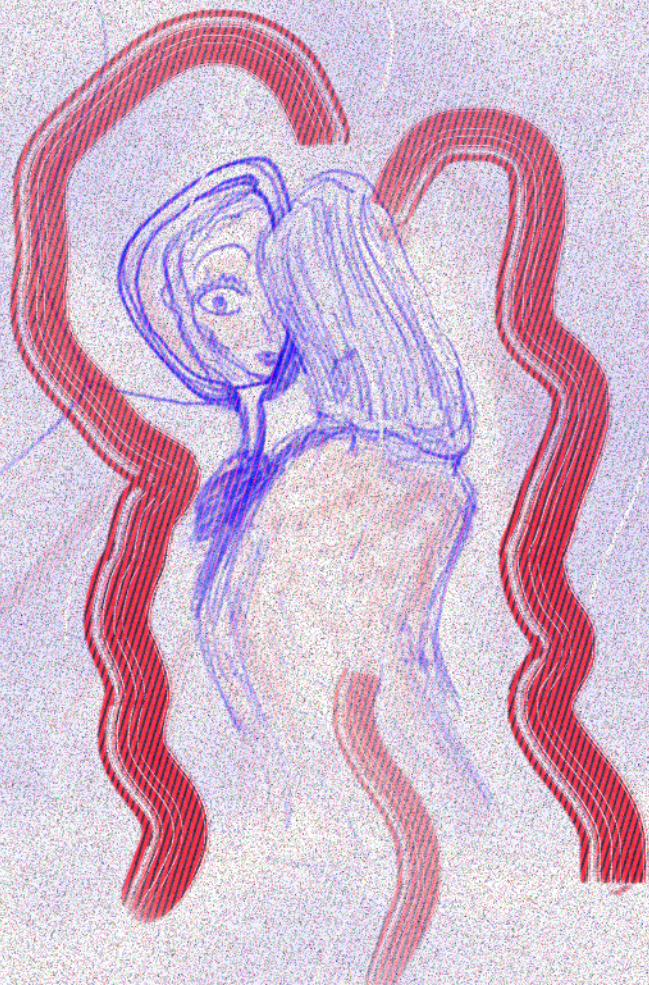
Existential,

Dysphoria

A non-linear story,
a loose-leaf publication

Felt by
Maria Exarchou

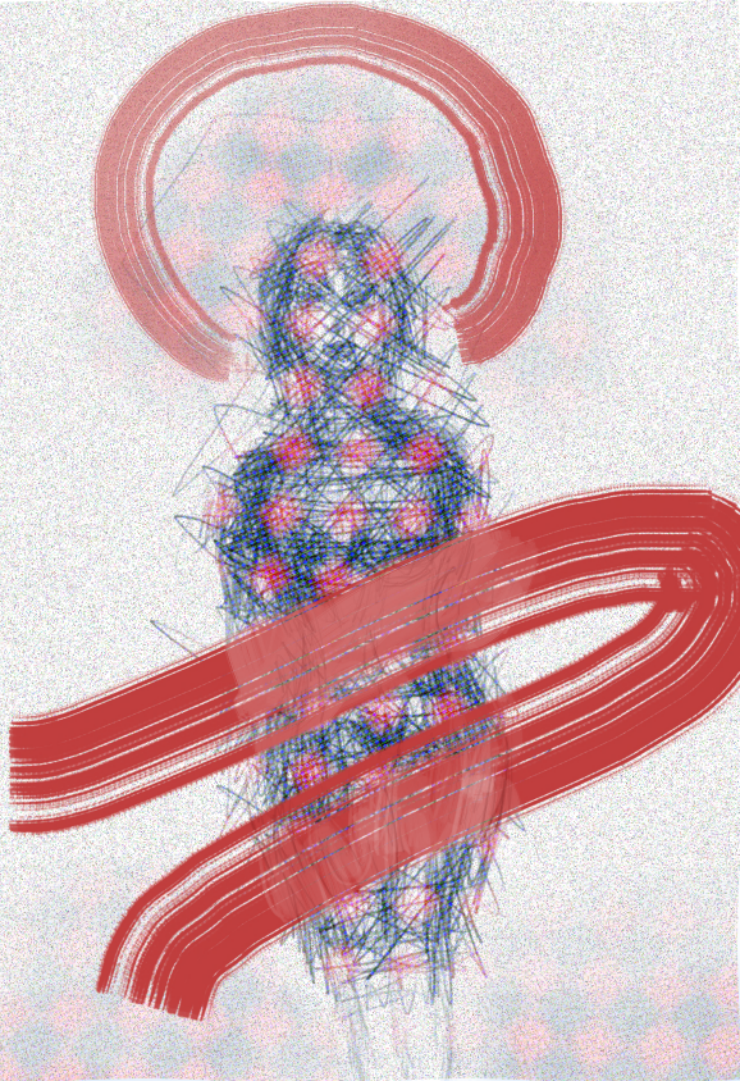
Looking
in the mirror
might never be
EASY.



Growing up
I hid my boobs
and whatever else
of me I could,
like an abhorred
family secret.



It's common to hate
your own body
under the burden
of all its
pre-installed
connotations.



I am a
PERSON!

I shouted through
radical acts
of self-neglect
and self-harm.



not a
good
girl

not a
good
girl

not a
body

Sometimes,
things come down
to either getting
crushed by or
rising above
what others
make of you.

hypersensitive

hyperactive

too young

too wild

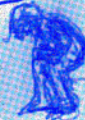
too old

too sexy

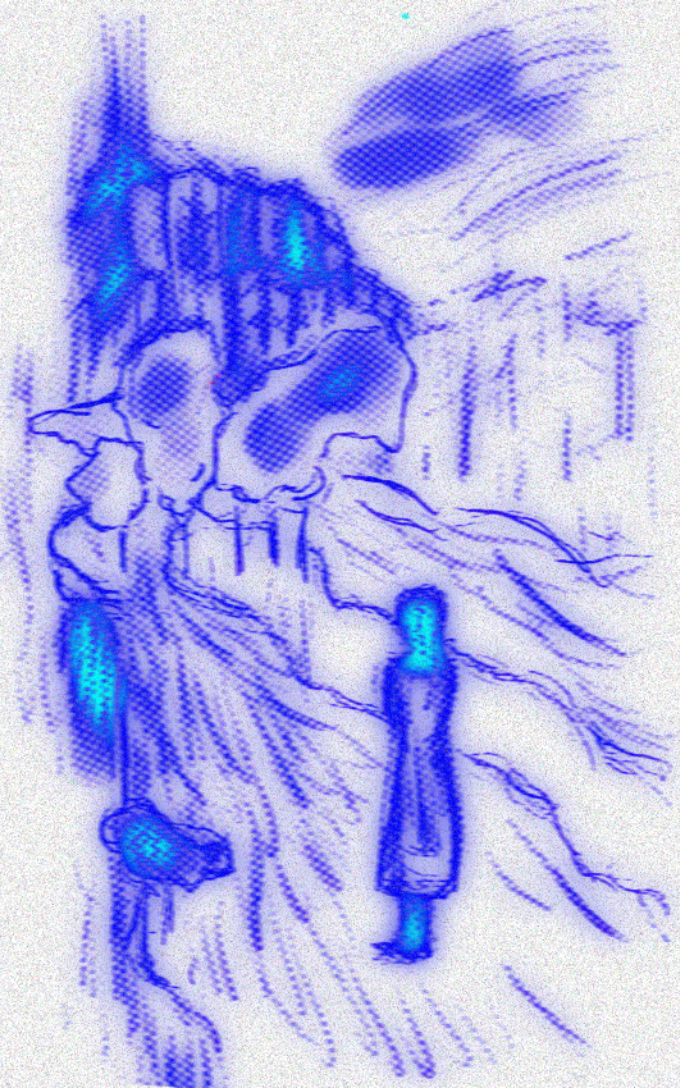
not sexy
enough

tomboy

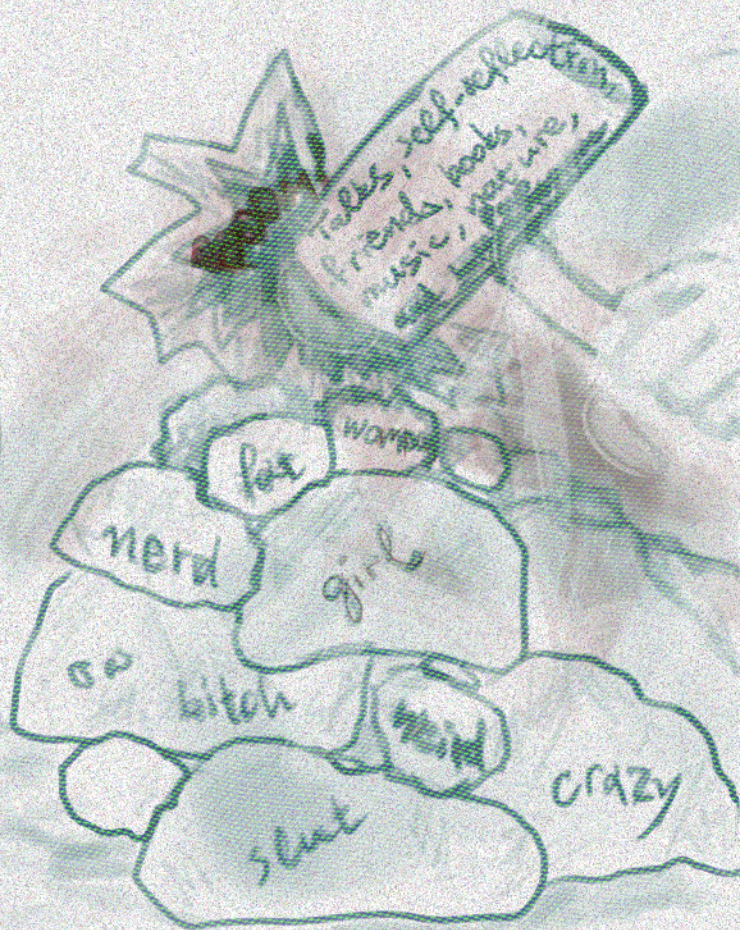
overthinker



I was
carrying a
heavy shame
that wasn't even
mine, but
bestowed upon me.



It takes strenght
and collective effort
to break down the
walls of bigotry
and refuse
the tyranny
of words.



celebrating
accepting
embracing
standing our
ground
reflecting
moving on,
taking a (breaking)
rest.

